Facets

September 2013

Leading in

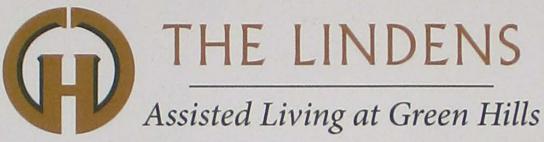
CAREERS& COMMUNITIES

Top majors for undergraduate women at Iowa State

ALSO INSIDE:

- Knitting a niche The Rose Tree Fiber Shop
- For Sara Dappen, work is more than just a job





2355 HAMILTON CIRCLE AMES, IOWA 50014 (515) 296-5000 • www.GreenHillsRC.com

Managed by Life Care Services™



Champagne, anyone?



Natural color champagne diamond weighing 1.63 ct!

AMES SILVERSMITHING

Designers & Goldsmiths

www.amessilversmithing.com

220 Main Downtown Ames 515-232-0080

ATTENTION: HIGH SCHOOL ATHLETES!

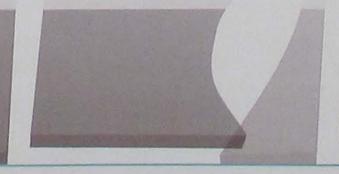
Mary Greeley Medical Center is now offering baseline concussion tests!

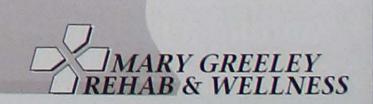
Concussion injuries are becoming more prevalent. Help protect your young athlete by getting him or her baseline tested. Test results can help in deciding when an athlete who has suffered a concussion can return to physical activity. Testing can be performed year round. The Basic Baseline Test is \$10. The Advanced Baseline Test is \$40.

To schedule or for more information, contact Mary Greeley Rehab and Wellness at 515-239-6770, or Story City Rehab and Wellness at 515-733-5129.









Facets

Fac·et - n. 1. One of the flat surfaces cut on a gemstone.2. The particular angle from which something is considered.

FEATURES

6 LEADING IN CAREERS & COMMUNITIES

Dianne Bystrom delves into the top undergraduate majors pursued by women at ISU and provides tips for recent grads.



8 KNITTING A NICHE A

As Rose Tree Fiber Shop celebrates 25 years on West Street, Michelle Eppert breaks down the store's dynamic.

14 MORE THAN JUST A JOB 3

For 92-year-old Sara Dappen of Story City, age is merely a number

DEPARTMENTS

- 4 EDITOR'S NOTE
- 10 BEAUTY
- 16 NOURISHMENT
- 18 MONEY
- 20 FITNESS
- 21 MOVE OF THE MONTH
- 22 FACETED WOMAN: DIANE R. WILSON



ON THE COVER

Dianne Bystrom, director of the Carrie Chapman Catt Center at Iowa State University, stands outside Catt Hall on the Ames campus. Photo submitted.

WANT TO BE IN FACETS?

We're looking for Story County residents to appear as models in future issues. No previous modeling experience is required. Contact us at www.facebook.com/facets magazine if you're interested.



FIND US ON FACEBOOK

www.facebook.com/facets magazine

FACETS is a publication of Stephens Media Iowa.

PHONE: (515) 232-2160 ADDRESS: 317 Fifth St. Ames, IA, 50010

Martha-Ellen Tye Performing Arts Institute

2013-2014 Youth Matinee Series

For Pre-Kindergarten-Grade 12

ISU Symphony* September 27, 2013

Johnny Appleseed October 4, 2013

The Three Little Pigs November 1, 2013

The Kite Runner* November 18-19, 2013

> Junie B. Jones January 30, 2014

February 13, 2014

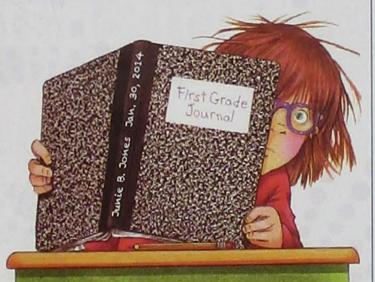
The Monster Who Ate My Peas April 1, 2014

> Five Little Monkeys April 16, 2014

Laura Ingalls Wilder April 28, 2014

Performances at 10 am & 12:30 pm

*Performance at 10 am only



Ignite Imaginations!



\$4 in Advance or \$5 Day of Show



Stephens Auditorium 2013-2014 Youth Matinee Series

IOWA STATE UNIVERSITY | www.center.iastate.edu | 515.294.3347

Register today online at www.center.iastate.edu/education or call 515-294-3347

Striking the work-life balance

hen my sister was in elementary school, her presentation one day for "show and tell" included my mom's not-so-short resume.

My mom worked hard over the years, often for little pay, as a daycare provider, secretary and classroom aide. For more than 10 years, she has worked in assisted living facilities, caring and planning daily exercise and entertainment activities for residents with whom she shares personal connections.

A year ago, she tried to help a falling resident and injured her knee, aggravating the physical toll that years of caring for others has taken on her body.

After a full knee replacement this July that will keep her home from work at least 10 weeks while she recovers, she's wrestling with the uncertainty of changing careers in her mid-50s versus the fear of returning to a job she loves but that doctors say will eventually require a second painful knee replacement.

As women, we assume different jobs — sometimes multiple jobs — during our lives. Despite my mom's resume of years past, she has always held the title of mother to three daughters, who turned out OK, if I do say so myself.

I see the sadness in her face as she contemplates changing careers, a move brought on by aging. The same could be said for my decision three years ago to leave my career in journalism.

For nine years, I put being a reporter before being a daughter, sister or friend. Loving journalism as much as I did and still do, I could not see myself balancing it with work I want more in life — the jobs of wife and mother, though not to the exclusion of having a successful career. What that career is just isn't as important as what it will provide for me, and eventually a family.

At the risk of saying too much or jinxing it, I have met someone, and though I sometimes talk too much about insurance, it's easy for me to quit selling at the end of the day and enjoy spending time with him.

Striking a work-life balance is a difficult deal to make with ourselves as women. We expect the most of ourselves both at and away from work, and never stop working. •



Reach Facets Editor Jennifer Meyer via email at jmeyer.facets@gmail.com.

Honoring 5 Years of Service



This month we are honoring Marnie Overland, one of our star Dental Assistants, for five years of service. Marnie devotes countless hours and boundless energy to make sure our patients are comfortable and feeling their best. She does this all while caring for her own busy family and while giving back to her community. We are proud to have Marnie on our team and we are grateful for her loyalty.

Dentistry at Somerset • Jason Niegsch, D.D.S.

Welcoming new patients 515/268-0516



www.dentistryatsomerset.com

Facets Come on, Ladies! Tuesday, September 17, 2013

4:30 p.m.-7:00 p.m.
Scheman Building Ames, IA

You won't want to miss this special evening planned with ladies in mind. You will enjoy a wonderful evening with entertainment, informational presentations, refreshments and an opportunity to visit or shop with area businesses. Plus everyone will be registered to win great door prizes!

per ticket in advance.

Price includes a complimentary drink ticket!

ORDER YOUR
TICKETS TODAY!
AMESTRIB.COM/LADIESEXPO

Tickets also available for purchase at the Ames Tribune: 317 Fifth St., Ames, IA

Ames Tribune
amestrib.com





*Tickets purchased after 5pm on Sept. 16th will be sold at the door price of \$15.



New location, same great



ianne Bystrom's career shows how old rules about stability do not apply in today's work environment.

Women no longer expect to be working until retirement at the same company they join after receiving a college degree, Barbara Moses writes in her book "Career Intelligence. Also gone is a degree of job security, requiring women to be adaptive to an everchanging workforce and world economy,

As the editor of her high school and college newspapers, Bystrom envisioned "a long career in journalism," but traveled a different journey.

Bystrom earned her master's degree in journalism and a doctorate's degree in communication from the University of Oklahoma. She started her newspaper career at the North Platte Telegraph in North Platte, Neb., before a marriage and a move that led to a writer position with the Oklahoma News Services Office.

Bystrom was promoted, and writing speeches for the president of Oklahoma University when a graduate of Iowa State University encouraged her to apply as director of the Carrie Chapman Catt Center at ISU. She accepted the position in July 1996, and continues in that role today.

"The Catt center coordinates the university's interdisciplinary undergraduate certificate in community leadership and public service," Bystrom said. "Earning the leadership certificate, along with a bachelor's degree in any field, helps prepare our graduates for any position in the workplace."

The number of working women in the labor force is projected to increase by 10.9 percent from 2004 to 2014, compared with a 9.1 percent increase by men over the same time span. Women are expected to account for 47 percent of the total labor force by 2014.

The United States Department of Labor, Women's Bureau projects the largest employment gains within professional and service occupations, with fastest growth in health- and computer-related fields, followed by environmental services and education.

Most areas of employment growth require post-secondary degrees. Such careers include physician assistants, network systems and data communication analysts, computer software engineers, database administrators, physical therapists, preschool and postsecondary teachers and environmental engineers, according to the Department of Labor.

Job trends are one factor to consider in focusing a career tract, but we live in a fluid environment influenced by changing job skills, technology, legislation and competition by foreign labor.

Freelance writer Dr. Anna L. Koolbreeze, a contributor to Yahoo Network, said, "The key to being successful in this season of change — as in any other time in history — is to prepare to meet the challenges of tomorrow today. In order to do that, versatility is the key."

Bystrom said good communication skills are critical for any career.

"Many of us in the humanities and social sciences worry that we are graduating students without the writing and reasoning skills necessary for just about any job in the workplace," she said.

In his book "Major in Success," Patrick Combs writes, "No matter what you major in, if you can't answer the phone, make a presentation, do a spreadsheet, or write a business letter, nobody needs you."

He encourages students to seek out internships, volunteer jobs and other hands-on training to gain an an edge in the job market.

Bystrom said the Catt Center encourages women to "be leaders in their careers and communities," and is "encouraged by the number of Iowa women running for statewide elected office and congress in 2014."

Barbara Moses offers women a road map for their career journey. She emphasizes seeing your own strengths, identifying what is personally important and what you love, then developing a sense of direction to determine where you want to go and how to get there. •

Top undergraduate majors for women at lowa State in 2012

- 1. Animal Science: 632
- 2. Elementary education: 577
- 3. Pre-business: 561
- 4. Kinesiology and health: 552
- 5. Liberal arts open major: 430
- 6. Psychology: 408
- 7. Child and family services: 346
- 8. Apparel merchandising/design/ production: 339
- 9. Biology: 244
- 10. (T) Chemical engineering: 215
- 10. (T) Event management: 215

Source: Iowa State University

Fastest-growing occupations for college graduates

- 1. Network systems and data communications analysts
- 2. Physician assistants
- 3. Computer software engineers, applications
- 4. Physical therapist assistants
- 5. Dental hygienists
- 6. Computer software engineers systems software
- 7. Network and computer systems administrators
- 8. Database administrators
- 9. Physical therapists
- Forensic science technicians

Source: United States Bureau of Labor Statistics, based on 2014 college graduates

Fields with the most new job openings for college graduates

- 1. Elementary school teachers, except special education
- 2. Accountants and auditors
- 3. Computer software engineers, applications
- 4. Computer systems analysts
- 5. Secondary school teachers, except special and vocational education
- 6. Computer software engineers, systems software
- 7. Network systems and data communications analysts
- 8. Network and computer systems administrators
- 9. Middle school teachers, except special and vocational education
- 10. Employment, recruitment and placement specialists

Source: United States Bureau of Labor Statistics, based on 2014 college graduates

Knitting a niche

Michelle Eppert explains the work and dedication that go into running the Rose Tree Fiber Shop, which will celebrate
25 years of business this autumn.

BY JANE M. DEGENEFFE

ichelle Eppert eagerly takes on the daily challenges her shop can bring.

Inside the Rose Tree Fiber Shop, which Eppert bought in October 2011, she talks on the phone about an uncle she recently helped transition to a nursing care facility. She hangs up and apologizes to a customer for the brief delay.

Sitting, Eppert's hands work a variegated pink yarn in a lacy chevron pattern. She shares concern for a 10-year-old niece in need of comfort and for juggling her teen's busy schedule alongside her own responsibilities with the store.

Eppert also speaks fondly of her close friend Rosemary Headman, who previously owned the Rose Tree Fiber Shop. The store will celebrate its 25th anniversary this fall with workshops and displays to help enthusiasts knit, crochet, weave and spin new projects.

Headman's influence is still very much a part of the heart and hub of the shop, Eppert says.

"So you've been here then for about two years..."

"Actually, it's longer than that, because, as I said, Rosemary and I became fast friends. In spite of the age difference we just really were friends. We share the same values and beliefs. We like gardening and opera. Unfortunately for some people, we both have a tendency to be very blunt and plain-spoken. And so we really just clicked as friends very quickly.

"I started teaching classes for her evenings occasionally. Then, from time to time on Saturday, I would fill in helping with cus-

tomers and ringing up sales, opening and closing the shop. And as time progressed, if she was meeting with a sales rep over the lunch hour, she would say, 'Come on over and have your lunch and you can help me pick colors while I meet with this rep.' Over time I helped with writing content for her website and compiling the class list while doing some in-store marketing and promotion.'

"I'm sure with a lot of uncertainty toward the end of her career here that you were a great comfort to her. I'm assuming you would be."

"If you know Rosemary, you know she's fiercely independent. I know she was very grateful for all of the help she received from a number of people, not just me, to help keep the shop thriving. In spite of her very serious health concerns, I think it was a hard decision for her to sell the shop after 23 years, but it gave her peace that the name would continue and the spirit of this place would continue.

"She comes in from time to time. She lives a good portion of the time in Wisconsin with family members. When she comes in it's just like she never left. We have those same sorts of conversations. She'll be here two hours and its two hours too little."

"How do you, personally, balance your other responsibilities with the shop?"

"It's all strictly an illusion. Balance is fleeting. Some days, I'm like, 'Yes! I'm nailing this!' And other days, I'm like, 'What the hell just hit me?' It's usually one extreme or the other. It's running the day-to-day operation of the business. It's running my household. There's doing what needs to be done when you have a teenage daughter and everything that entails. I have my immediate family, my parents and one set of grandparents. Yet, the big network of friends who are involved here helps tremendously.

"One of the aspects I appreciated about Rosemary was how she integrated the crafts within the shop with caring for the people who came into the shop."

"Yes. She intuitively knew that if you take care of the community, the community will take care of you. I think I learned this from Rosemary, but I'd like to think that's how I was raised, too. It is one of the values Rosemary and I share in common. If someone comes in and their heart is breaking because a loved one passed away and they bring in their knitting project, well ... you know, it's not about the knitting."

Address: 2814 West St, Ames, IA 50014

Phone: (515) 292-7076

Hours: Monday-Friday, approximately 10 a.m. to 5 p.m.; Saturday, 9 a.m. to 4 p.m., closed Sundays.

Online: Find Rose Tree Fiber Shop on Facebook and at Ravelry.com.

About: Offers yarn and fiber (specializing in natural, domestic and made consistent with a philosophy of community and empowerment); including wool, alpaca, mohair, cotton (non-synthetic or man-made); spinning wheels, looms, and accessories.



Michelle Eppert works to complete a crochet project at Rose Tree Fiber Shop. Eppert took over the shop from Rosemary Headman two years ago. Headman opened the shop, located on West Street in Ames, 25 years ago. Photo by Jane M. Degeneffe/Facets





Obstetrics
Gynecology
Ultrasound
Infertility

Timothy G. Leeds, M.D. Joyce R. Lines, M.D. Ann M. Gessner D.O.

Mary M. Rotto, PA-C Allison Eness, PA-C Emily Jordison, ARNP

Medical Arts Building 1015 Duff Ave. • Ames

515-239-6970

www.doranclinic.com



Did you know that the Ames Tribune offers a variety of digital marketing options for your business?

- Website Design
- Mobile Website Design
- · Website Hosting
- · Search Engine Optimization (SEO)
- · Search Engine Marketing (SEM)
- · Display Re-Targeting
- · QR Codes
- Reputation Management



For more information on these services visit www.smdigitalsolutions.com or call 515.663.6957 today.

Online marketing has quickly become an essential tool for advertising, creating brand awareness, and generating more sales. The Ames Tribune is your one-stop shop for powerful digital marketing solutions. Connect to effective, economical digital marketing and take your business to new heights!

Do you know where you are going and HOW you will get there?



Call Karen 232-2785

> Listen **Identify** Design Transform

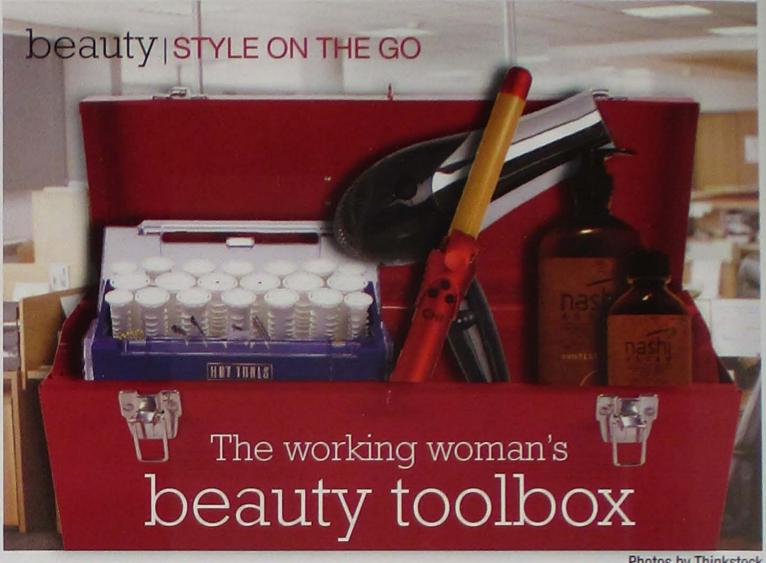
Because life is... more than money.

Karen L. Petersen, CFP®

2613 Northridge Pkwy (Somerset) 515.232.2785

Karen@myMoreThanMoney.net

*Registered Representative Securities offered through Cambridge Investment Research, Inc. a Broker/Dealer, Member FINRA/SIPC Investment Advisor Representative, Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor.



Photos by Thinkstock

ach salon professional goes about the work of beauty with tools and

products fit for the task. Working women can use items from the same toolbox to look her best each day she leaves home for work.

Tools are always adapting to the styles of the day, and now there are some new ones to talk about.



MARY CLARE LOKKEN

Tools

Babyliss PRO has created the Nano Titanium MiraCurl which promises to be the world's first fully automatic professional curl machine. The curl chamber gently holds hair, while it heats to effortlessly form one perfect curl after another. You control the temperature, time and direction to create an infinite variety of curls on any hair length and texture. You can get perfect curls in minutes without chemicals. Ask your salon professional.

ChiARC is an automatic rotating curler using a ceramic barrel and a spin action that pulls hair into curls with the heat of the iron. And it's red, so it's also cool-looking. Again, see your salon stylist.

Hot Tools still makes a hot rollers set that fits in a bag and is simple to use. It is, indeed, beauty on the go. These are great for a special occasion, quick-styling or just a change of style when you're bored with what you've been doing.

Bioionic hot tools include blow dryers, flat irons and curling irons, all of which protect hair while drying, smoothing and curling. These are standard tools for salon professionals, but you can now buy them for your personal use.

Oils

Oils remain a constant for the foreseeable future. Now product manufacturers have oils for different types of hair, including thick or coarse, thin or fragile hair, or for all hair types. They promise to shield, soften and strengthen hair.

One new natural oil product goes on with an ultra-fine mist that hydrates and nourishes with a non-greasy feel. It offers natural UV protection and extends the life of your hair color. Just arriving is an Italian hair color that contains Argan oil for vibrant color and silky texture.

Other products

Have you tried hair extensions, lash extensions, color-protecting haircare products or vinyl nails? All are better than ever. It's time to give them a chance, or maybe a second chance. These products last longer and look far more natural than before.

One company's extensions have a lighter blond at the scalp and halfway down the strand, then switch to a vibrant color, like hot red. No attempt to look natural, just hot.

Some hair extensions have drawn inspiration from "The Great Gatsby" film, with beautiful waves and finished curls. This glamorous look is worn for special occasions or even every day, if you dare. .

Mary Clare Lokken is the owner of PCI Academy in Ames. She writes this column after consulting with educators there. Reach her via email at MaryClareLokken@aol.com.

My working 'wo-mom'

BY ANNABETH HAMPTON

am turning into my mother, and I mean this in the best possible way. Along with our shared interests in Downton Abbey and Bruce Springsteen, we both love to write.

My mother, Laura Sternweis, is a working woman. When I was growing up, my moth-



HAMPTON

er worked while my father stayed at home with my brother and me. Like most children, I had no idea what my mother did, except that she, like many in Ames, worked at Iowa State University.

As I grew, my view of my mother's work refined. Over the years, I gathered that she works for ISU Extension and Outreach, and she writes and edits works similar to what I dreamed about doing as an adult. Now, as somewhat of an up-and-coming writer myself, I thought it fitting to sit down with her to glean what tidbits I could for an image of my future self.

"The short answer is I'm a writer and editor," she said when I asked her outright the question I had pondered as a child.

The longer answer is that she works as a communications specialist for ISU Extension and Outreach, coincidently the very same job title I hold at my work-study job in the Career Services office at Coe College in Cedar Rapids.

Back to the short answer, my mother writes and edits a variety of communications, such as reports, news releases and talking points.

"Overall," she said, "I work to help tell the story of Iowa State University Extension and Outreach and what we do."

Talking with my mother, I



Laura Sternweis, a communications specialist for ISU Extension and Outreach at Iowa State University, has inspired her daughter, contributor Annabeth Hampton, to further pursue writing. Photo by Annabeth Hampton/Facets

hear my own views echoed by an older, slightly taller version of myself.

"I like to write, it's what I like the most because I get to write every day," she said. But most important to her, "I get to write about stuff I believe in," such as making research-based education available to Iowans, so they can improve their lives.

I am at the very beginning of what I hope will be a long and satisfying writing career. I am heartened by my mother, who puts it best in her own words.

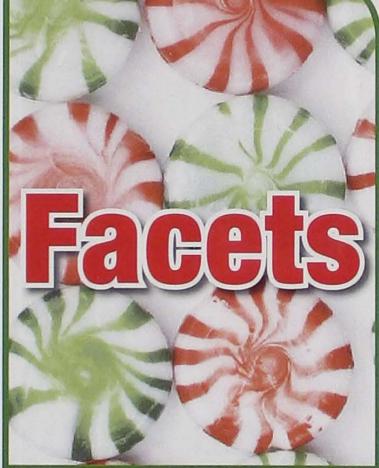
"I've been with ISU extension for 23 years, but what I've done has changed, the job has changed, the technology has changed," she said. "There's always been something new and different, and I've been able to adapt, that's why I'm still here, it's still fun."

I really am turning into my mother, and I would not have it any other way. •



Downtown.





Like us on Facebook!







ari.

ESTATE JEWEL

The Best In Cyclone Apparel
By Cutter & Buck For Men and Women



DOWNTOWN AMES | DOWNTOWN MASON CITY 515-232-3261 | 641-423-5222

Mon, Tues, Wed and Fri 9:30-5:30 • Thur 9:30-8 • Sat 9:30-5

www.moormanclothiers.com

Amed...





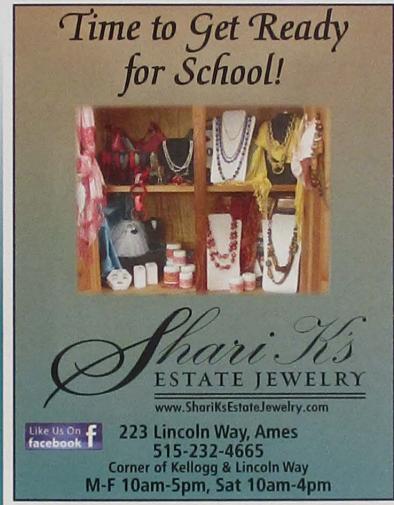
EVERY DAY 11-4

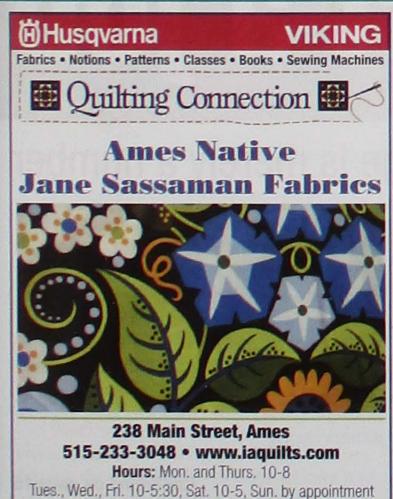
CHOOSE YOUR MEAL

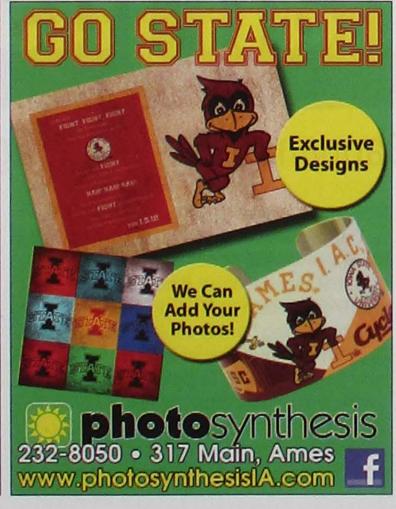
1/4 lb. Cheeseburger Lunch
3-pc. Chicken Strip Lunch
Chili Cheese Dog Lunch

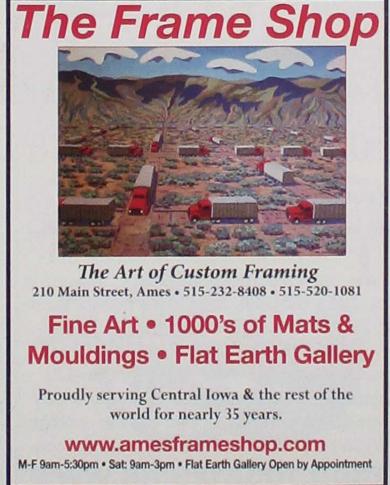
Meals include Regular Fries, Medium Drinks, & Small Sundae.













For 92-year-old Sara Dappen of Story City, age is merely a number

BY JULIE FERRELL

hree nights a week, Sara Dappen can be spotted cleaning tables and trays and chatting with regular customers at the Story City McDonald's. But there is more to Dappen than meets the eye.

Shortly after Bill Dudley, of North Wales, was believed to be the oldest McDonald's employee in the world at age 88, Story City was quick to bring Dappen into the spotlight. While corporate McDonald's could not confirm the numbers, Dappen may be the oldest

McDonald's employee at age 92.

Dappen said the situation "is just fun," and the real reward is working her regular shift.

"That surprised me, it surprised others too," Dappen said with a laugh.

After having her hip replaced in 2008,
Dappen was told to exercise daily. Instead of
taking simple walks, Dappen wanted more,
so she decided to apply at the local McDonald's. Now she has a regular job where she
cleans tables, sweeps the dining area and
refills fountain drinks, napkins and straws.

"Instead of just walking straight up and down the street for exercise, I thought, 'well if I walk from here back to the stockroom, which I do every day, that gets to be quite a distance.' And it's more interesting than just walking down the street," Dappen said.

Kimberly Vanderhoff, shift manager at the restaurant, said Dappen is "really efficient" at keeping the lobby clean and keeping customers happy.

Continued on page 15



Sara Dappen, right, greets visitors, from left, Shawna Davis, 36, and Gary Brown, 67, at the Story City McDonald's. Dappen is the world's oldest McDonald's employee at 92-years-young. Photo By Eli Hamann/Facets

"I consider us lucky that we get to work with her just because there are a lot of nights that, without her, we would probably be lost."

Kimberly Vanderhoff, shift manager

"I consider us lucky that we get to work with her just because there are a lot of nights that without her, we would probably be lost," Vanderhoff said.

Working hard is nothing new for Dapper. She graduated from high school in Story City and then attended Iowa State University, where she studied home economics and education. She taught high school for one year and then taught at North Texas State for two years when her husband, Bob's, military work took him to the Pacific. When Bob returned, the couple moved back to Iowa and

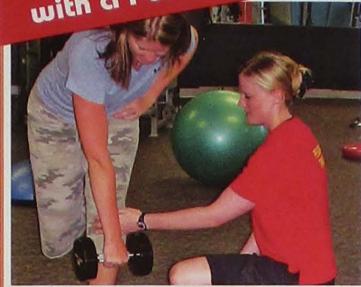
opened a veterinary practice. For 30 years, Bob cared for the animals and Sara handled the office work and bookkeeping.

Dappen has always worked closely with people, and she said the job at McDonald's lets her meet new folks and keep in touch with old friends.

"It's just interesting, because you meet a lot of people, some that you've known before. Every once in a while, you see a long-lost relative," Dappen said. "You get to meet acquaintances and keep up with the young people. That's always good." •

AMES RACQUET & FITNESS CENTER

The Benefits of Working with a Personal Trainer



- Accountability and motivation
- Improve overall health and decrease risk of heart disease and type 2 diabetes
- Learn which exercises are safe and effective for you and which ones need to be modified for your specific conditions
- · Get maximum results in less time
- Assistance with post rehab exercises
- · Weight control and body fat reduction
- Improve balance and coordination

New Client Special: 3 sessions for \$129.

Call 515-663-9921 to set your appointment today!

Make an investment in yourself and your health with a Certified Personal Trainer from Ames Racquet and Fitness Center!

1 MEMBERSHIP, 3 LOCATIONS, 0 EXCUSES.



www.amesracfit.com



Feeling Stressed?

Help is on the way.



nourishment | FOOD AS FUEL

Eat to compete

ating a well-balanced diet is one of the most important things you can do to promote optimal performance. Eating a variety of high-carbohydrate, lowfat foods and consuming enough liquids to avoid dehydration are key. To increase endurance, muscle strength and speed, you must eat to compete!



NICOLE ARNOLD

Refuel to recover postcompetition

Refueling begins immediately after competition with a recovery snack consisting of carbohydrate and protein to refuel and repair damaged tissue. Chocolate milk can be a perfect sports recovery drink as it contains the ideal ratio of carbohydrate and protein to refuel muscles. Continue refueling with a meal one hour after the recovery snack.

Fuel up with pre-event preparation

Fuel up with familiar foods on competition day and allow adequate time for that food to digest. A large meal can take three to four hours to digest, a small meal can take two to three hours, and a snack will digest in one to two hours.

A substantial pre-event meal will help prevent fatique and ensure you have fuel stored to power your way to peak performance. Include complex carbohydrates, lean protein, fruit and healthy fats. About two-thirds of your plate should be carbohydrates.

Top off fuel stores with a carbohydratebased snack one to two hours before competition.

During the event

Continue to refuel during competition, as needed, with carbohydrates, electrolytes and fluid to prevent fatigue and prevent depletion of stored fuel. Sports drinks, gels and bars are all efficient ways to refuel.

Stay hydrated in the heat

Maintaining adequate hydration in the hot summer heat can be a challenge. Dehydration can severely impair athletic performance, making it crucial to go into a competition well-hydrated. Consume fluids throughout competition day, and then hydrate two to three hours prior to competition with 16 ounces of liquid and again 10 to 20 minutes before an event with 8 ounces of liquid. Liquids should be consumed during competition, as well as after the event, to replace all sweat loss.

Choosing the right fluid for hydration is important. Water is appropriate for mild to moderate intensity exercise lasting less than 60 minutes. Sports drinks are preferred for high-intensity exercise lasting more than 60 minutes. Soft drinks and fruit juices are best avoided. .

Nicole Arnold, RD, LD, received her bachelor of science degree in dietetics from Michigan State University. Her dietetic internship was completed at the University of Michigan hospital in Ann Arbor. .

High-performance snacks

- · Oatmeal with almonds, strawberries and low-fat yogurt.
- · Whole-grain wrap with turkey, spinach, tomato and pesto
- · Peanut butter and jelly sandwich and a glass of low-fat milk
- · High-protein energy bar and a piece of fruit
- Whole-grain crackers and low-fat cottage cheese topped with fruit
- · English muffin with an egg, sliced tomato, lettuce and avocado

- Low-fat string cheese and baked whole grain chips
- 1/2 whole grain pita stuffed with sliced veggies, edamame and hummus
- . Trail mix made with nuts, whole grain cereal and dried fruit
- · Smoothie made with low-fat milk, yogurt and frozen berries
- Banana dog: whole wheat tortilla with peanut butter and banana slices
- · Granola, yogurt and fruit parfait

Facets presents Your Home Buying Checklist

Buy into the Circle of Ames Businesses



Vice President Residential Mortgage Originator Office: (515) 290-1464 NMLS ID#: 571186 kiiams@bankerstrust.com









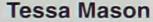
Choose your bank

Paul Livingston CRB, CRS, GRI 105 S. 16th St.

105 S. 16th St. Ames, IA 50010 515-291-0154







Insurance Agent Office: 515-232-5240 Cell: 515-865-6231 Fax: 515-232-3093 Tessa@triplettins.com







Choose your realtor



Choose your insurance company



Deposit checks fast with your mobile phone.





Photo by Thinkstock

The Female Financial Paradox: Part I

any women are part of a phenomenon that some money experts have identified as the Female Financial Paradox

Here is a quick quiz to see if you are part of the phenomenon:

1. Do you pay your bills on time?

2. Do you bargain shop as though it were an Olympic sport?

3. Do have a plan for upward mobility in your job?

4. Do you know the investment mix in your retirement plan?

5. Do you know the deductible on your auto insurance?

KAREN

PETERSEN

6. Do you know how much you need to save to pay for the college your child wants to attend?

If you answered yes to numbers 1-3 and no to numbers 4-6, you are at risk.

Typically women with this phenomenon happily pinch pennies and shop sales but have no interest in investments and longterm financial planning. Why are women susceptible to FFP, and are new college graduates also at risk?

Andrea Gnat, a graduating senior from the Family Finance, Housing & Policy program at Iowa State University, worked with me this summer. Before I started looking at the FFP, I asked Andrea to give me a list of things she wished she had known about money issues before she started college.

Here is her list, in her words:

 Budgeting: Be aware of how much you are spending and what you are buying. I just didn't really keep track. It was easy to decide I needed something new to wear each

time I went out with new friends. Of course now I know I didn't.

 FAFSA: Fill out the FAFSA with your parents. My parents completed the FAFSA, and I didn't know anything about their ability to help. Had I known, I would have limited the times I called home for cash.

 Student loans: Know what you're getting yourself into. Don't just let your parents apply for loans; do it together. I signed the promissory note but I didn't really know what that would mean when it came time to

 Scholarships: Apply for as many scholarships as you can. It's free money and it will help you tremendously. Just take the time to do it.

 Meal Plan: Use it or get rid of it. It costs far too much to not actually use the meals.

 Savings: Don't waste away your savings. You will wish you had that later on. Find a good-paying job and use that money instead. Make responsible spending choices; if necessary, find a job and use that income as fun money.

When I read her list, I knew we all have work to do. It is odd that women exude confidence and authority on a daily basis and yet the Female Financial Paradox continues even in the young, bright 20-year-olds.

Parents continue to "take care" of their daughters, but it is time we realize the way to take care of our daughters is to help them learn and practice long-term financial planning skills ... because life is more than money.

Karen L. Petersen, CFP® CDFA™, is a feebased financial advisor. She graduated from Iowa State University in family resource management. You can contact her at (515) 232-2785 or karen@mymorethanmoney.net.



Plan on attending the Fall Bridal ExCytement. Meet local professionals that will inspire and help you plan the wedding of your dreams!

Pre-register today at amestrib.com/bridalexcytement!

If you are a business that is interested in having a vendor booth at the Fall Bridal ExCytement please contact Ashleigh Fischer at 515.663.6916 or email afischer@amestrib.com.



AMES CENTER Cosmetic & Family. DENTISTRY We are a team of hardworking women. Focused on using the latest in advanced dentistry. Committed to providing compassionate care. Devoted to giving our clients the smile they deserve. We love what we do and we hope it shows. Family Dentistry • Implants Invisalign • Cosmetic Enhancements Sleep Apnea & TMJ Disorders Dr. Amie Rockow-Nelson (515) 956-3700 415 South Duff Ave. Suite D, Ames, Iowa docrockdds.com

fitness | workplace wellness

t's as if someone enters the room handing out major life-stressors instead of free trendy hand-

bags or shoes. Working women, multi-tasking and distracted, shoot their hands in the air to volunteer. Final-

ly, women



DEBRA ATKINSON

have reached a point of job equality, but high-stress positions come with increased risks of heart attack, stroke and bypass surgery. Women in high-stress jobs are two times as likely to have a heart attack as those in lower-stress roles.

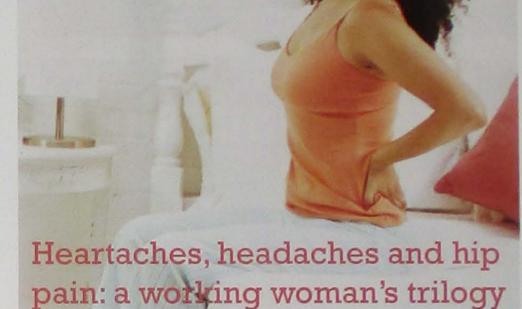
There's a host of things a woman has to juggle en route to the corner office.

It's not a lack of control or perceived stress. For a woman, there's always a lack of balance. You're still chasing that elusive work-life balance somewhere over the rainbow.

If you're responsible for multiple employees, a bottom line, confidentiality, or potential liability, you win the blue ribbon at the fair for high-stress jobs. Before the big heart attack, though, other strains plague working women in all lines of work.

If you're not the boss, he or she may be your biggest source for headaches. The Mayo Clinic cites supervisors as the No. 1 cause of headaches among working adults.

Other common headache triggers include the job itself or ways women cope or comfort themselves, including skipping meals or not drinking enough water. Dehydration is one of the most common causes of headache. As little as a 1or 2-percent depletion can cause dehydration, and a 3- to 5-percent water loss can impair your reactions, judgment and concentration. These poor physical responses do not bode well for anyone hoping for a raise.



Other headache triggers can include red wine, cheese, chocolate, caffeine or caffeine withdrawal, monosodium glutamate (MSG) and poor posture.

Reconsider ending your long day by picking up takeout food, washing it down with some red wine, and polishing it off with HaagenDazs chocolate chocolatechip ice cream while slouching on the couch – or don't forget the ibuprofen. Nutrition aside, women notoriously carry tension in the shoulders, neck and jaw. Tension in these muscles leads to tension headaches.

Strength training and yoga poses that include shoulder work can help. By training the right muscles, you can pry your shoulders from your ears and relax. Time to put down the weight of the world and delegate.

Last but not least, work can be a pain in the butt. Regardless of how often they exercise, working women commonly experience sciatic issues, such as piriformis syndrome, a disorder that causes pain and tingling in the buttocks, down the thigh and into the leg, when the sciatic nerve is compressed.

Women also often experience bursitis, or inflammation of the fluid sacs that ease the movement of muscle or tendons against bone.

Hip and back pains, par-

drome, often worsen with prolonged sitting, running, or ascending or descending stairs. Potential causes include poor alignment from imbalanced muscles surrounding the hips, such as hip flexors, hamstrings, gluteal muscles, and deep core

muscles.

If you were exercising when you developed your injury, it may be a sign that your strength is not balanced or that you potentially nurtured a pre-existing imbalance.

Pregnancy is a big gamechanger for women, especially if you were overzealous getting back to exercise after delivery. Overstressing that lingering joint laxity can create long-term hip issues. Even high heels can throw things off.

Prevent issues with seasonal postural assessments.

The misalignment will show up before pain or injury does.

Debra Atkinson, M.S., C.S.C.S., graduated from Iowa State University, where she has also taught in the department of kinesiology for 12 years. She has been a fitness professional, writing, speaking and practicing for 25 years. Reach her via email at PTDirector@amesracfit.com.

fitness | MOVE OF THE MONTH

Single-leg squats





Photo by Eli Hamman/Facets

Everyone squats. A favorite of trainers to assess body mechanics, this classic exercise uses more major muscles than any other exercise.

During this active season of running, biking and simply moving more, without knowing it you may be favoring one leg more than the other. A single leg squat can help that show up and help you then prevent an injury before it happens.

Find a taller chair or kitchen stool so the depth of your squat is moderate to begin. Sit and stand several times to feel the depth of the squat.

Stay in the same spot you would if you were sitting again but this time lift one leg off the floor and lower yourself in a slow controlled way to your chair.

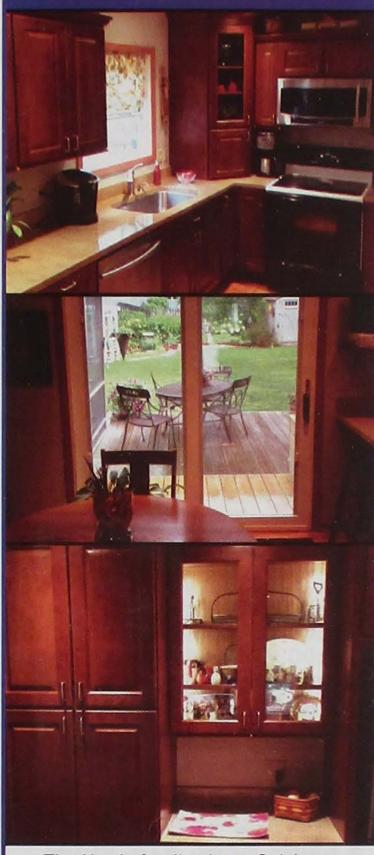
You can stand with both legs or, if you have the strength, rise with the same weight-bearing leg you began on. Repeat up to 10 times or until you lose form. There should be no pain in the knee.

Try to keep weight on the heel and hips level. Your arms can reach out in front of you or sit at your hips. Repeat on the other leg. Take note of the repetition count and comparison of difficulty on each leg.

If this level you've begun at is either easy or hard, adjust the height of your chair accordingly to create a greater challenge. If needed, return to a two legged squat to develop initial strength.

Squats done correctly can actually help to prevent knee pain by training the muscles around the knees. If you're unsure of proper form or depth for you, check with a professional before performing.

General Contracting, Additions, Bathroom, Kitchen, and Basement Remodels



The Harris family chose Geisinger
Construction because of positive business
interaction with Oren at Kathy's previous
employer. Kathy said,

"Geisinger Construction has an outstanding reputation in the construction field, particularly remodeling."



CONSTRUCTION Inc.

- Residential
- Light Commercial
- Farm

P.O. Box 544 • Ames, Iowa 515-232-8951

geisingerconstruction@hotmail.com

STORY! Festivai September 20-21-22

STORY CITY, IOWA

Featured Storytellers:

Eulenspiegel Puppet Theatre Company Monica Leo and Ron Hillis,
Lance Mack as Abraham Lincoln &
Stephen Trafton's Living Letters

Storytelling is First Person Art, conveying events in words, images and sounds often by improvisation or embellishment.

A story breathes life into information that people want to share with each other.

Friday, September 20th

6:30 PM Dinner and a Story!' Stories by Eulenspiegel Puppet Theatre
Company and Lance Mack.
*35 • BYOB at The Story City
Community Center, 503 Elm Avenue.
Call 515.733.4214 for reservations.

9:00 PM Haunted Carousel Stories Stories by Michael Cotter and Bev Jackson. Free at The Carousel (rides cost §1). North Park

*Free ride at Haunted Carousel Story included in the price for Dinner and a Story

Saturday, September 21st

10-2:00 PM Wander around town for Story Stops & Story Market 3:30 PM Stephen Trafton's

Living Letters: Philippians - \$1000 at The Theatre, 512 Broad Street.
7:00 PM Concert featuring
Eulenspiegel Puppet Theatre
& Lance Mack, \$15, at the
Theatre, 512 Broad Street

Sunday, September 22nd

1:00 PM Stephen Trafton's

Living Letters: Colossians This free will offering story will be held
at Immanuel Lutheran Church.

604 Lafayette Avenue

For more information click on our link at www.storycity.net or like us on Facebook at Story!Festival





524 Broad Street PO Box 39 Story City, IA 50248 Office: 515.733.4214

faceted woman | DIANE R. WILSON

NAME: Diane R. Wilson

AGE: 65

POSITION: Wife, mom, grandma and friend **FAMILY:** Husband, Denny; daughter Debi (Louis) and children Gabriella, Steven and David; and son Danny (Shana), and children Chloe and Sophie.

WHAT WOULD YOU DO WITH \$1,000 TO SPEND ON YOURSELF?

If I had \$1,000 given to me, I'd buy as many plane tickets as I could to Orlando. My daughter and three grandchildren live there and I never get enough time with them.

CRAZIEST FASHION YOU'VE EVER WORN?

I've worn too many crazy fashions over the years to even think about. The crazy thing is that they are all coming back in fashion.

YOUR FAVORITE MOTTO?

My favorite motto is one I saw in a Boston window years ago: "Peace begins when expectation ends." It seems like if I just remember that, I don't get upset or sad when things don't go exactly as I had expected.

I also have a favorite verse, Psalm 46:10: "Be still and know that I am God." I try to hang onto that when life is tough and seems out of control.

WHAT MAKES YOU HAPPY?

My happiest time is being around people. I love being part of people's lives. I especially enjoy planning events and working alongside others in planning fun events. I've always thought my job is making memories for kids and adults alike.

WHAT HAVE YOU ACCOMPLISHED THAT HAS MADE YOU PROUD?

I'm most proud of my family — two kids and five grandchildren — but also all of the ministry and high school kids that have let me be a part of their lives throughout the years.

IF YOU KNEW THEN WHAT YOU KNOW NOW, WHAT WOULD YOU HAVE DONE DIFFERENTLY?

If I'd known when I was younger what I know now, I would have laughed more and worried less.

MY SIMPLEST PLEASURE...

My simplest pleasure is reading.



I SECRETLY LOVE...

Projects and cats.

I AM THANKFUL FOR...

I'm most thankful for my faith in Jesus, my family and my friends.

WHAT MAKES YOU LAUGH?

Kids make me laugh. They are so free to just be who they are and they say and do the funniest things.

WHEN I AM AN OLD LADY...

When I'm old, I hope I can still laugh at myself and with others. There's nothing like a good laugh to make life seem a little easier.

FAVORITE WARDROBE STAPLE?

The one thing which is a must in any wardrobe is a good fitting pair of black pants and white pants. Then all you have to worry about is tops.

BEST TIP TO LOOK AND FEEL GREAT?

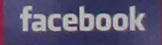
Smile.

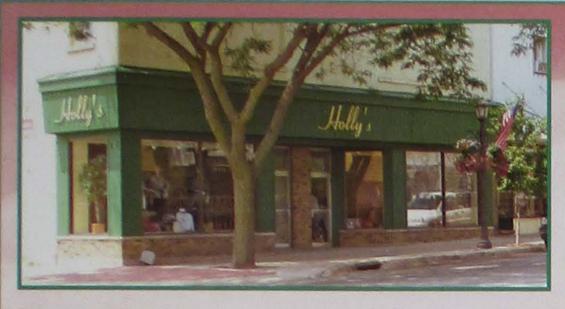
HOW DO YOU GIVE BACK TO YOUR COMMUNITY?

Throughout the years, I have been involved in many community volunteer activities in Ames, such as Boys and Girls Club and Raising Readers. For about 30 years, my husband and I have worked (and played) in high school ministry. I'm also co-chair of the women's ministry and part of the leadership team for outreach and events at church.

DO YOU KNOW A FACETED WOMAN?

Nominate her at www.facebook.com/facetsmagazine





Holly's has the brands you love

· Tribal

- Ruby Road
- Christine Alexander
- Brighton
- Alfred Dunner
- Woolrich
- Not Your Daughters Jeans

Holly's

701 Story Street . Downtown Boone . (515) 432-8606

Monday 9-5:30 Tuesday 9-5:30 Wednesday

sday Thu

Thursday Frid

Friday 9-5:30 Saturday 9-5



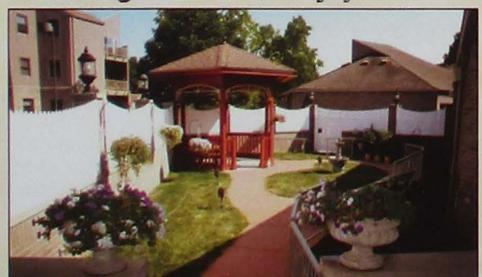


Because your loved one deserves more than just "Memory Care"

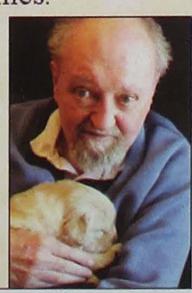
mes Tribune

We understand that a person's mental, physical and emotional changes create the need for professional around-the-clock care and compassion. Our mission is to continue making life—all life—joyful for residents and their families.









For your personal tour of

Heartwood House, call (515) 232-6760

www.northcrestcommunity.org

NORTHCREST

Community

A True Life-Care Retirement Community

HY-VEE HEALTHY YOU BUS

Coming Soon to Your Favorite Hy-Vee



In September, our new mobile health fair will be in Ames to help you on the road the wellness.

Meet with dietitians and pharmacists to learn more about healthy lifestyle and nutrition choices. Each stop will feature biometric screenings, free samples, cooking demonstrations, flu shots, coupons and more!

YOUR NEXT STEP TO A HEALTHY YOU STARTS HERE:

Wednesday, September 11 | West Ames Hy-Vee | 7 a.m. - 5 p.m. | 515-292-5543

Thursday, September 12 | Lincoln Center Hy-Vee | 7 a.m. - 5 p.m. | 515-232-1961

Friday, September 13 | Ames Drugtown | 9 a.m. - 5 p.m. | 515-233-9855

Call ahead to to reserve appointment for flu shot and biometric screening.

